

## Let's Talk About YOU

- Are you a Vermont resident over age 17 and
- Between *October 1, 2016 and April 30, 2020*:
  - Were you pregnant or did you have a baby? and
  - Did you experience depression and/or anxiety while pregnant or in the first year after having your baby?



# INTERVIEWS OR FOCUS GROUP DISCUSSIONS\*

**HAPPENING BETWEEN**

**JANUARY 2020 - AUGUST 2020**

Help us learn how Vermont can care for pregnant and postpartum individuals with perinatal mood and anxiety disorders. We want to hear about your experiences navigating the health care system so that we can develop a mental health support system that is accessible to all who need it. The information that you share will help guide our approach.

\* Receive up to \$100 for time, travel and child care



Help other women by sharing your story...

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Your experience with care in Vermont for depression and/or anxiety in pregnancy or after birth

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Your recommendations for how to improve access and care

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Your recommendations on how to make communication materials more understandable, useful and appealing to women

**Interested?  
Contact us at:**

802-598-4613

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